

A Fork in the Trail

by Laurie Ann March © 2008

“At Camp” Instructions – More Elaborate Dishes

To make it easy for you to take along the “at camp” instructions with your backcountry meals from *A Fork in the Trail* I have created these files for you to print out.

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Thank you,

Laurie Ann March

Breakfast Bagels

At Camp

Warm the bacon in a frying pan over medium heat for 2 minutes. Meanwhile slice the bagels in half. Add the butter to the pan and fry the bagels cut side down until they are golden. Place the bottom halves on a plate, and spread a little salad dressing on each one. Add the lettuce followed by the cheese, bacon, tomato, salt, and pepper. Put the tops on the bagels.

Stuffed French Toast

At Camp

Place the lemon zest and $\frac{1}{2}$ cup of the berries in a small pot with 1 tablespoon of maple syrup. Bring to a boil over medium heat, remove from heat, and set aside. Mix the remaining $\frac{1}{4}$ cup of berries with $\frac{1}{4}$ cup mascarpone and 1 tablespoon of sugar. Spread half of the berry and cheese mixture on top of a slice of bread, and top with a second slice. Repeat with the other 2 pieces of bread and set aside. Beat 2 eggs in a small pot with the milk, cinnamon, and a pinch of salt. Preheat a frying pan over medium heat and add $\frac{1}{2}$ tablespoon of butter. Dip one of the sandwiches briefly in the egg mixture, making sure that both sides are lightly coated with the egg mixture. Fry the sandwich, turning once, until both sides are golden. Dip and fry the second sandwich. Add the remaining maple syrup to the reserved berries, and pour it over the French toast.

Eggs Benedict with Smoked Salmon

At Camp

Make the hollandaise in a small pot according to the package directions, and place it in a pot cozy. Use a fork to split each English muffin in half. Toast the muffins and wrap them in foil to keep them warm. Put a pot of water on to boil, crack 4 eggs into the pot, and let the water simmer to cook the eggs. The eggs will be cooked when the whites are firm and the yolk is still runny. If you prefer your yolks harder, leave the eggs in the water a little longer.

As the eggs come close to being cooked, place the English muffin bottoms on each plate. Place a piece of smoked salmon on each muffin half. Top with a poached egg and a spoonful of hollandaise and then season to taste.

Tip

If you have any leftover hollandaise, put it in a ziplock freezer bag and store it in your cooler. You can use it in a day or two on vegetables such as asparagus or broccoli. Hollandaise is also delicious on a grilled rib eye steak.

Monte Cristo

At Camp

Beat 2 eggs in a small pot with $\frac{1}{4}$ cup milk, and add salt and pepper as desired. Put 3 slices of ham, a slice of Swiss cheese, and a tomato slice between 2 pieces of bread. Repeat with the other 2 pieces of bread, and set the sandwiches aside. Preheat a frying pan over medium heat, and add $\frac{1}{2}$ tablespoon of butter.

Dip one of the sandwiches briefly in the egg mixture, being sure both sides are coated with the egg mixture. Fry the coated sandwich, turning once, until both sides are golden. Dip and fry the other sandwich until golden.

Chipotle Steak Sandwiches

At Camp

Make sure that the meat mixture is thawed before you begin. Slice the onion. Pour 1 tablespoon of oil in a frying pan over medium heat. Sauté the onion until it becomes translucent.

Add the thawed steak mixture to the pan and cook until the steak is as done as you prefer. Pile the steak on each bun and top with a slice of Havarti cheese.

Tip

For a slightly different flavor, add sliced mushrooms and green peppers to the pan when you add the onions.

Marinated Grilled Vegetable Sandwiches

At Camp

Cut each pepper lengthwise into 4 pieces. Slice the zucchini and eggplant lengthwise. Cut the mushrooms in half. Place the vegetables in the freezer bag. Add the marinade, and gently stir the vegetables to coat them. Let the mixture sit for a half hour or more.

Preheat the grill, and cook the vegetables directly on the grill until they are tender and heated through. When the vegetables are done, pile them on the buns.

Chicken Fajitas

At Camp

Slice the onion and peppers into ½-inch strips. Chop the tomatoes. Set the vegetables aside. Grate the cheese and set it aside. Heat the oil in a frying pan over medium-high heat. Add the chicken, and stir fry until it is browned on all sides. Add the spices and turn to coat the meat. Add the onions and cook until they start to become translucent. Then add the peppers and tomatoes. Cook until the peppers are tender crisp.

Spoon some of the filling into the center of each tortilla and top with sour cream, guacamole, salsa, and grated cheese as you desire. Roll up and repeat for the remaining tortillas.

Guacamole

At Camp

Cut both avocados in half and remove their pits. Score the flesh in a crisscross fashion, cutting all the way to the skin. Use a spoon to scoop out the chunks and place them in a bowl. Remove the cilantro leaves from their stems and chop. Discard the stems. Cut the tomato in half and remove the seeds. Put the cilantro and tomatoes in with the avocados and set aside.

Cut the lemon and lime in half and juice them. Pour the juice in the freezer bag containing the cumin and garlic, and slosh around to mix. Pour the seasoned juice over the avocado mixture, and stir gently to combine. Allow to sit for 10 minutes to let the flavors combine. Serve with tortilla chips or vegetable sticks or use as a topping for other dishes.

Steak and Strawberries with Balsamic Reduction

At Camp

Season the steaks with salt and cracked black pepper, and grill them to the desired level of doneness. Remove the meat from the grill and let rest for 5 minutes. Meanwhile melt ½ tablespoon of butter in a small pot. Chop the tops off the strawberries and slice them. Add the strawberries and sauté just until the berries are warm and start to soften. Add the balsamic reduction to the strawberries and heat through. Remove from the heat and add 1 tablespoon of butter. Stir to combine until the butter is melted. Spoon the sauce over the steaks.

Asian Flank Steak

At Camp

Let the meat thaw and marinate in the cooler for 24 hours. Remove the steak from the marinade, and place it on a hot barbeque grill or on a grate over hot campfire coals. Discard any leftover marinade. Cook until the steak reaches your desired level of doneness. Let the meat rest, wrapped in foil, for 15 minutes before cutting. While the steak sits, prepare a salad and some rice. Slice the steak thinly across the grain.

Tip

Leftovers of this dish are a nice addition to a salad or a wrap.

Chicken Diane

At Camp

Chop 3 tablespoons of green onions, cut the lemon in half, and set both aside. Heat 1½ tablespoons of olive oil in a frying pan over medium heat. Add the chicken breasts and brown each side for 5 minutes. Move the chicken to a plate. Pour the chicken stock mixture, Cognac, parsley, and juice of half the lemon into the pan. Season with salt and pepper and simmer the sauce for about 5 minutes. Return the chicken to the pan and continue simmering until the chicken is cooked through. Transfer each chicken breast to a plate and turn off the stove. Add 1½ tablespoons of butter to the sauce, stir to combine, and pour it over the chicken breasts.

Greek Souvlaki

At Camp

Fill a bag or container with water and soak the bamboo skewers for an hour. Put the meat on the skewers and grill on a rack over hot campfire coals or on a barbeque until the meat is cooked through. Serve with a salad, rice, and tzatziki.

Tip

Tzatziki is a Greek condiment made with sour cream or yogurt that sometimes contains dill.

Citrus Mango Grilled Salmon

At Camp

Early in the day that you are going to eat this meal, put half of the marinade in with the salmon and return the fish to the cooler. Reserve the remaining salsa and store in a cooler. At dinnertime remove the salmon from the marinade. Discard the marinade.

Grill or pan-fry the salmon until cooked through, about 6 minutes on each side. Place each piece of salmon on a plate, and top it with the reserved salsa.

Tip

It is important to oil your grill to keep the salmon from sticking. You can spray it with a nonstick cooking spray or put a little oil in a ziplock bag with a paper towel. Before grilling the fish, remove the paper towel from the bag with tongs and wipe the grill.

Maple Salmon

At Camp

Make the marinade in the morning of the day you are going to eat this so that the salmon may absorb the flavors all day. Cut the lemon in half, and squeeze the juice from one half into the bag with the salmon. Add the maple syrup and Worcestershire sauce mixture to the bag. Compress as much air out as you can, seal the bag, and return it to the cooler.

When you're ready to prepare the salmon, preheat your barbeque or prepare hot coals in the campfire, keeping the heat medium-low. Oil the rack. Place the salmon on the grill, and cook for about 5 minutes on each side. Turn the salmon only once—it's fragile. It is cooked when the flesh flakes easily and appears opaque. Be careful not to overcook because it dries out the fish.

Pasta with Artichoke Cream Sauce

At Camp

Bring a pot of salted water to boil. Meanwhile cut the pasta into 1-inch strips crosswise and set it aside. Drain the artichoke hearts, cut each one into fourths, and set them aside. Cut the asparagus into 2-inch pieces. Put the asparagus into the steamer, place it on top of the pot of boiling water, and steam for 5 minutes.

Melt the butter in a large skillet or pot. Mince the garlic. Sauté the mushrooms and garlic until all the liquid has evaporated. Add the flour mixture and cook for 1 minute. Stir in 1 1/3 cups vegetable stock and bring to a boil. Add the peas, turn down the heat, and let the sauce simmer for 4 to 5 minutes. Meanwhile remove the steamer from the other pot. Pour the pasta in, and let it cook according to the package directions. Immediately add the asparagus and artichoke hearts to the sauce. Add the sour cream and tamari sauce and stir to heat through. Chop the fresh parsley and add it to the sauce. Drain the pasta and mix it with the sauce until coated.

Spinach Salad with Red Currant Vinaigrette

At Camp

Combine the spinach, strawberries, mandarin oranges, and onions together in a bowl. Shake the dressing and pour it over the salad. Toss gently to coat.

Steak Salad

At Camp

Wash and prepare the lettuce as you would for any salad. Season the steak, and grill until medium-rare or your desired level of doneness. While the steak is grilling, chop the tomatoes, slice the pickles lengthwise, slice the onion into rings, and chop the olives. Put half of the lettuce on a large plate, and set the rest aside.

Remove the steak from the grill, and slice it into ¼-inch strips across the grain. Place half of the steak on top of the lettuce on the plate. Top with half of the tomatoes, onions, and pickles, in that order. Shake the dressing, and pour half of it on the layers you have made so far.

Top with the remaining half of the lettuce, steak, tomatoes, onions, and pickles. Drizzle the salad with the rest of the dressing, and garnish with chopped olives.

Avocado, Crab, and Pasta Salad

At Camp

Cook the pasta, strain off the water, and let the pasta cool. Finely chop ¼ cup of red onion, and add it to the pasta. Cut the avocado in half, and remove the pit. Score the flesh in a crisscross fashion, cutting all the way to the skin. Use a spoon to scoop the chunks into the pasta mixture.

Cut the skin off both the blood orange and the grapefruit. Remove 6 or 7 sections from each, leaving the membrane behind. Cut the sections in thirds, and add them to the cooled salad. Squeeze 1 tablespoon of juice from the remaining orange pieces, and do the same with the grapefruit. Mix the juice, tarragon, and oil together, and drizzle it over the salad. Add the crab, season the salad with salt and pepper, and gently stir to combine the ingredients.

Tip

This recipe works great with fresh crab too. If you're using it, store the meat in a freezer ziplock and refrigerate it until you are ready to leave.

Cheese Tortellini Dinner Salad

At Camp

Remove the tortellini and eggplant bags from the cooler and allow them to warm to air temperature. Mix the dressing in the leakproof container with the eggplant mixture. Cut the tomatoes in half. Add the tortellini, herbs, toasted walnuts, and onions to the eggplant mixture. Mix well so that the dressing coats the tortellini. Garnish with thinly sliced or grated Parmesan cheese.

Tip

Store tomatoes at room temperature because they lose their flavor when kept in a refrigerator.

Key Lime Pie

At Camp

Open the package containing the prepared graham cracker crust. Peel enough of the rind from one of the limes for 1 teaspoon of zest, and cut the rind into small slivers, being careful to avoid the white pith. Cut all the limes in half, and squeeze the juice into a pot or bowl until you have about ½ cup of juice. Add the zest and the sweetened condensed milk to the juice. Stir until the filling has thickened, and pour it into the crust. Garnish with more lime zest if desired. Cover the pie and place it in the top of a cooler to set for about 1 hour.

Campfire Orange Cupcakes

At Camp

Cut one end off each orange, about 1 inch from the end. Each orange should have an opening about 2 inches wide. Set the tops aside. Scoop out the fruit and reserve both the fruit and the skins. Squeeze the juice from the pulp. Set the juice aside and discard the pulp.

Prepare the cake mix according to the package directions, substituting orange juice for the water or milk required for the mix. Fill 1 orange 2/3 of the way with cake batter. Replace the top and wrap the orange in foil. Repeat with the rest of the oranges.

Bake the cakes by placing the oranges directly onto hot campfire coals for 15 to 20 minutes or until the cake is fully cooked.

Grilled Fruit Skewers

At Camp

Soak the bamboo skewers in water for about 1 hour. Add the liqueur to the ziplock freezer bag containing the brown sugar, mix well, and set aside. Cut the pineapple, peaches, and bananas into 2-inch by 1-inch chunks. Place the fruit chunks in the bag, and let them marinate for about 15 minutes. Thread the fruit on the skewers, making sure that you have some of each fruit on every skewer. Reserve the marinade. Grill the fruit for about 10 minutes on a rack over hot coals or a barbeque grill, turning often so that the fruit doesn't burn. Occasionally spoon some of the marinade over the fruit. Be careful to stand back so that you don't get burned if the marinade flares up—a metal spoon with a long handle works well for this. Remove the fruit from the grill or fire, allow it to cool slightly, and serve.

Chai Mulled Fruit

At Camp

Peel and core the pear and apple. Peel the plum and peach and remove the pits. Chop the pear, apple, plum, and peach into bite-size pieces. Peel the rind from one orange, and cut it into small slivers, being careful to avoid the white pith. Juice both oranges into a pot. Add the brown sugar and stir until dissolved. Add the pear, apple, plum, peach, and raisins.

Place the pot over medium heat and bring the fruit mixture to a boil. Add the tea bag, reduce the heat, and allow the fruit to simmer for 5 minutes or until it starts to soften. Remove the pot from the heat, and take out and discard the tea bag. Let the fruit sit covered for 5 minutes.

Grilled Oranges with Chocolate Drizzle

At Camp

Cut the oranges into $\frac{3}{4}$ -inch thick slices, leaving the peel on the fruit, and brush lightly with vegetable oil. Grill on a rack over hot campfire coals or on a barbeque grill until the fruit softens and is hot through.

While the fruit is cooking, melt the chocolate. Use two different-size pots; put water in the larger pot along with a couple of rocks and then place the smaller pot inside the larger one. Place the chocolate mixture in the smaller pot, add the cream, and gently stir until the chocolate has melted and formed a sauce. Transfer the fruit from the grill to plates and drizzle with the chocolate sauce.

Raspberry S'mores

At Camp

Spread raspberry jam on 2 graham crackers. Top with enough of the milk chocolate to cover each cracker. Toast the marshmallows. Place one toasted marshmallow on top of the chocolate on each cracker. Top with another graham cracker and serve.

Pumpkin Pecan Bake

At Camp

Mix the brown sugar mixture with 1/8 cup of softened butter. Beat 2 eggs in a separate bowl and then mix them with the butter and sugar. Stir in the can of pumpkin. Add 1/3 cup of cream and 1/4 teaspoon of salt, and mix until well blended. Pour into a pan or Dutch oven, and bake for 45 minutes to 1 hour or until firm.

Meanwhile, add 1/4 cup softened butter to the bag with the topping ingredients and mix well. When the main layer has finished baking, cover it with the topping mixture and bake for another 8 minutes or so. Keep a close eye on the topping as it overcooks easily. It is done when the topping is golden brown.

Tip

This recipe can be baked in a box, reflector, Dutch, or Outback oven.